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Ku “Koo” (as In The Word “cookoo”) Kumite Ke “Keh” (as In The Word “kept”) Ken Or Uke Or Kake Ko “Koh” (as In The Word “Cocoa”) Kohai Kya “Keeyah” Kyakkō Kyu “Keeyu” (as In The Word “Cute”) Kyuk Jul 2th, 2024

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Chito-ryu Karate-Do Published In The Interest Of Chito-ryu Karate By The U.S. Hombu TSURUOKA MASAMI - 10th DAN On May 13th, 2006 Masami Tsuruoka Was Awarded 10th Dan By The Technical Committee Of The National Karate Association Of Canada By The President Sebastian May 2th, 2024

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Techniques He Had Learned, Using The Systems Of Shaolin, Kempo, Karate And Jiu Jitsu As Guides In The Forming Of A New, Integrated Style, Which He Named

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Mark E. Colgan Current Karate Rank: 5 Dan Shuri Ryu, 6

2006 – 2007 USKA National Point Champion In Black Belt Men Kata (forms) And Kobudo (weapons). 2007 USKA All-American USKA World Champion In Black Belt Men Kata (forms) 2008 . The List Above Is Not Complete, Keeping Track Of Personal Accolades Has Never Been My Motivation For Competition, However, As A Competitor, I Have Placed In Top 3 In Every USKA & PKC Tournament I Have Participated In ... Feb 2th, 2024

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Shito-ryu Karate-do Kofukan Training Guide 8th Kyu Senior Stances Zenkutsu Dachi (long Fighting Stance) Musubi Dachi (fig.1) Heiko Dachi (fig.2) Punches Jodan Oizuki – Front Hand Punch To Face (between Nose And Top Lip) Chudan Oizuki – Front Hand Punch To Solar Plexus) Gedan Oizuki – Front Hand Punch To Below Naval Feb 3th, 2024

TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA

TANI-HA SHITO-RYU KARATE-DO KOFUKAN SLOVENIJA Glavni Inštruktor: Anton Maruša, 6.DAN, Novo Celje 6, 3301 Petrovče, Slovenija, T/F: +386 (0) 3 5707 188
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